



Fruit, Veggie School Snack Experiment Results Show Promise For Reducing Youth Obesity

Although the U.S. Department of Agriculture's (USDA) final report won't be in for several months, preliminary results detailed by the USDA, following a conference held in Indianapolis, show that the results of a free fruit and vegetable snack demonstration project are regarded as overwhelmingly successful by school foodservice staff, principals, teachers, school nurses, parents, and students. Many positive unintended consequences were reported.

The conference, "Kids Eat Fruits and Vegetables - Innovative School-Based Strategies," was sponsored by the USDA and the National 5-A-Day program to bring together representatives from the four participating pilot states and the Zuni Nation in New Mexico. Representatives of most of the 107 schools involved were present, according to Judy Rose, ISDH Community Nutrition Program.

The pilot project, supported with \$6 million of USDA funding, was conducted in 25 schools each in the states of Indiana, Iowa, Michigan, and Ohio, starting in late 2002 and ending in early 2003.

By making the fruit and vegetable snacks readily available, the project was designed to assess the results on student health, obesity, and changes in eating behavior at the high schools, middle schools, and elementary schools that participated.

The fruit and vegetable snacks were dispensed in a combination of kiosks, vending machines, and in-class methods. Many school administrators expressed appreciation for the flexibility offered them by the USDA for design

customization to meet particular needs at their schools.

Chief among the outcomes observed in students by school personnel, as detailed in the post-conference media re-



INDIANA STUDENTS PARTICIPATE in USDA-funded pilot fruit and vegetable school snack project.

lease, were better behavior, improved test scores, decreased absenteeism, decreased Body Mass Index (a measure of overweight and obesity), and less vending machine usage. School nurses indicated

a noticeable drop in visits to their offices, and parents reported children asking for fruits and vegetables at home.

Foodservice staff reported School Lunch Program participation increased and consumption of fruits and vegetables, already part of the School Lunch Program, also increased. One school reported 25 percent fewer donuts being purchased in the morning and 50 percent fewer lunchtime desserts. Another school reported \$800/week in candy bar sales prior to the pilot and a drop to \$300/week in candy sales after the program took hold. Janitors at the same school, not surprisingly, reported having less cleanup of candy wrappers on floors.

Attendee Judy Rose, director of the ISDH Community Nutrition Program, provided the *Express* with documented comments by students about the program at one of the participating Indiana high schools:

- "I used to never eat fruit, and now I'm addicted to it."
- "This has got to be one of the best

things that the school has ever done for its students."

- "I think I've had more fruit in the last months than that of my whole life."
- "I used to hate apples, and now I eat them all the time. Thanks trees!"
- "I look forward to English every day because I know there are fruits and vegetables to snack on."
- "I've found that I have a lot more energy, and I feel a lot healthier now that I'm eating more fruit."
- "It's so crazy to walk down the halls during the school day and pass random boxes of fruit and veggies for students to eat. I love it."

A parent's letter sent to the principal stated, "Knowing that you deal with weighty issues each day, I thought you might want to know that the small things make a difference too. The grant to provide fruit to (the high school) students has had a direct impact on (my son's) health and attitude.

"Consistent energy levels at practice, fewer minor illnesses, no major illness, fewer injuries, and not coming home exhausted/feeling 'sick' are all direct benefits from consuming quality fruits both before and after practice. (My son) has even discovered a taste for previously shunned Ugli fruit.

"I read the newspaper article about the grant months ago. (My son) has since kept me up to date about the grant's impact upon him personally. No amount of nutritional teaching or preaching would have had the same impact as the simple availability of the fruit," the student's mother added.

Rose said, "The main outcome of the pilot project is that it proved that children will eat almost any fruit and vegetable if given the opportunity."

The Bioterrorism Threat: Indiana Responds Assesses State's Progress in TV Programs



Mike Bigler
Chief Deputy State Fire Marshal

CHIEF DEPUTY STATE FIRE MARSHAL Mike Bigler (above) discusses the training efforts being provided to first responders, like firemen and emergency management services personnel (left), who will serve in a variety of potential terrorist events. One of the two hour-long program segments is devoted to emergency response.



NEWS PERSONALITY PHIL BREMEN (above) fields questions on bioterrorism from a remote broadcast studio audience who represented a cross section of Muncie area residents. Bremen is an instructor at Ball State University.

Two segments of a recently recorded public television broadcast, *The Bioterrorism Threat: Indiana Responds* will be aired this week (April 13-20). They feature an array of Indiana public officials who provide citizens with information about the nature of various bioterrorist threats, what responsive action officials have already taken locally and statewide, and also include discussion of action plans, should any one of a number of bioterrorist events occur. Tips on readiness steps that citizens can take are also included.

In two hour-long programs, panels of experts field questions from moderators. During one of the hour-long programs, members of a citizen panel also question the experts.

Panelists making expert presentations comprise State Health Commissioner Greg Wilson, M.D.; U.S. Senator Richard Lugar; Leon Thacker, director of the Purdue Animal Disease and Diagnostic Laboratory; Judith Myers-Walls, Child Development Specialist, Purdue University; Lt. Col. Joseph Marquart, Newport Naval Depot; Alden Taylor, State Emergency Management Agency; local public health officials from two urban and one rural county; hospital officials from an urban and rural hospital and an official of the Indiana Health and Hospital Association; fire fighters and emergency response personnel.

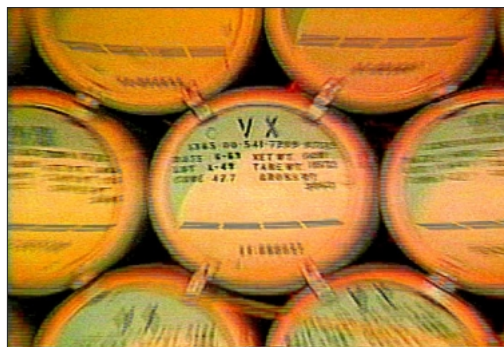
Former news anchors Diane Willis and Phil Bremen moderate the programs, which were produced through a collaborative effort of the Indiana State Department of Health and four Indiana public television stations.



POSSIBLE ANTHRAX (on letter above) and appropriate removal for testing by a "space suited" public health responder (left) are discussed in film clips as part of the broadcasts airing the week of April 12-20.



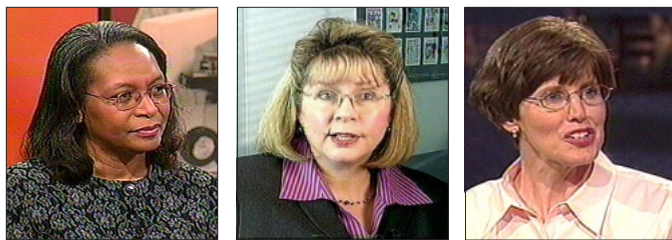
85 MM ARTILLERY SHELL FILLED WITH DEADLY SERIN from a Russian stockpile of 85,000 of such shells is illustrated (left) in a portable attache case. The need to identify and eliminate such stockpiles to prevent weapons proliferation is discussed by U.S. Senator Richard Lugar in one of the broadcasts. Senator Lugar also identifies the nature of the radiation hazard of a "dirty" bomb.



SAFETY OF MULTIPLE TONS OF STOCKPILED VX NERVE GAS (left photo above), stored at the Newport Naval Chemical Depot in southwestern Indiana, is the topic of discussion by Lt. Col. Joseph Marquart, commander of the Depot (right), in response to questions by broadcast moderator Diane Willis.

Photos have been edited from video clips by Dennis Rediker.

See INDIANA RESPONDS - page 3



URBAN AND RURAL RESOURCES NEEDED TO RESPOND TO POSSIBLE BIOTERRORIST EVENTS are discussed (l. to r. above) by St. Joseph County Health Officer Janice Carson, M.D.; Ft. Wayne-Allen County Health Officer Deborah McMahan, M.D.; and Donna Oeding, REHS, DuBois County Health Department administrator.

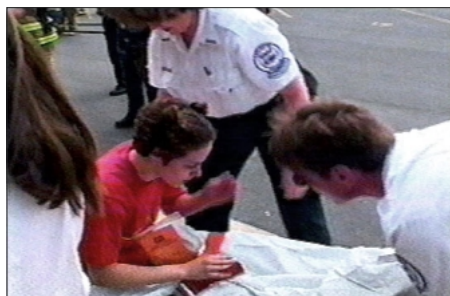


SMALLPOX VACCINATIONS of key first responder personnel (right) is discussed by hospital panel (above).

STATE HEALTH COMMISSIONER GREG WILSON, M.D. (below right), responds to a question from middle school student Dale Marcum (below left) who asked, "Who gets vaccinated first?"



PROTECTION OF THE FOOD SUPPLY and the danger of **DOMESTIC TERRORISM** are the respective question topics being asked (above) by studio audience members Jonathan Jones, a Muncie High School Student (left); and Ball State University student Brian Myrick (right).



COORDINATION OF EMERGENCY MANAGEMENT SERVICES personnel was the topic of a pre-recorded segment of the program.



MODERATOR DIANE WILLIS (left) introduces expert panel members who discuss bioterrorism issues in response to studio audience questions. From Willis, left to right, are Leon Thacker, director of the Purdue Animal Disease and Diagnostic Lab; Virginia Caine, M.D., director of the Marion County Health Department; and Indiana State Health Commissioner Greg Wilson, M.D.

PANEL OF HOSPITAL EXPERTS (left photo) respond to questions from moderator Diane Willis (right) about hospital preparedness. Discussion included coordination of regional planning in Indiana's 10 districts, planned vaccination administration, interfacing with emergency management services, and communication with private physicians. The panel includes John Braeckel, ISDH federal grant hospital coordinator (center); Kevin Doolin, Methodist Hospital, Northlake Campus, Gary (left); and (not shown) Spencer Grover, Indiana Hospital & Health Association; and Tom Hrisomalos, M.D., Bloomington Hospital.



"HOW TO FIND FAMILY MEMBERS IN AN EMERGENCY?" is the question asked by Jessica Maxwell, Muncie Career Center (left), of Judith Myers-Walls, Purdue Child Development Specialist (right), who discusses effective methods of dealing with anxiety.



LEON THACKER, director of the Purdue Animal Disease and Diagnostic Lab (above right), discusses the safety of animal feed and containment of disease in farm animals in response to a question from Lori Marcum (above left).

Broadcast Schedules* for The Bioterrorism Threat: Indiana Responds on Indiana's PBS Stations:

*local times		
Evansville	WNIN (9)	April 16 and 17... 7-8 p.m.
Ft. Wayne	WFWA (39)	April 13th... 6-8 p.m.
Bloomington	WTIU (30)	April 16 and 17... 8-9 p.m.
South Bend	WNIT (34)	April 16 and 17... 7-8 p.m.
Merrillville		
Vincennes/	WYIN (56)	April 18th... 8-10 p.m.
Terre Haute	WVUT (22)	April 19th... 8-10 p.m.
Muncie	WIPB (49)	April 18 and 19... 9-10 p.m.
Indianapolis	WTBU (69)	April 16 and 17... 8-9 p.m.
Indianapolis	WFYI (20)	April 16 and 17... 8-9 p.m.;
	repeat	April 20... 2-4 p.m.

Public Health in the News

The photos below picture staff of the Indiana State Department of Health who appeared on television during the past month to discuss public health issues of importance to Hoosiers.



CHARLENE GRAVES, M.D., medical director for immunization (above left), comments on **SMALLPOX VACCINATION EXEMPTION ADVISORY** for those with heart conditions on WTHR, Channel 13 on March 27. **State health Commissioner Greg Wilson, M.D.**, (above center) discusses a statewide appeal for health care worker volunteers to help with the **VOLUNTEER EFFORT TO ADMINISTER SMALLPOX VACCINATIONS**. In Washington, D.C., while accompanying Governor Frank O'Bannon in an **EFFORT TO SECURE ADDITIONAL FUNDING FOR BIOTERRORISM PREPAREDNESS** for Indiana, Dr. Wilson speaks about the effort on WTHR, Channel 13 on April 3. In the block of four images below (center and left), **HANS MESSERSMITH**, ISDH epidemiologist, discusses the unfolding events surrounding the CDC's and WHO's **INVESTIGATION INTO THE CAUSES OF AND SPREAD OF SEVERE ACUTE RESPIRATORY SYNDROME (SARS)** during the period March 17 to March 31 on WRTV, Channel 6; WTHR, Channel 13; and WXIN, Channel 59.



PAM PONTONES, EPIDEMIOLOGIST (above) appears on WRTV Channel 6 on April 8 to discuss **SUSPECTED FIRST INDIANA CASE OF SARS**, later identified as a false positive.

Video Clips Edited by Dennis Rediker

ISDH Staff Send Well Wishes Banner and Gifts To Troops

ISDH Asset Services staff prepare a banner and boxes of goodies for mailing to U.S. soldiers in Iraq. The banner carries handwritten wishes for safety and expressions of appreciation to let the soldiers know they are remembered. Two cartons of gifts, like sun glasses, tissues, soap, and Q-tips, were donated by staff. Appearing in the photo are ISDH staff (l. to r.) Stuart Morris, Donna Dawson, Tracy Strain, and Greg Williams.

Photo by Daniel Axler



Indiana State Department of Health Express

The *Indiana State Department of Health Express* is a bi-weekly publication for ISDH employees and stakeholders. To submit news items, call (317) 234-2817 or send information to: ISDH Express, Office of Public Affairs, 2 N. Meridian St., Section 6G, Indianapolis, IN 46204-3003. Inquiries should be directed to:

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Local Health Departments Observe National Public Health Week with a Focus on Obesity

Three Indiana local health departments have recognized National Public Health Week, April 7-13, by highlighting activities that address overweight and obesity, conditions which are associated with a growing epidemic of heart disease, stroke, diabetes, and shortened life expectancy in Indiana and the nation.

The local health departments are aligning themselves with the theme of this year's observance, "Get in Shape for the Future."

Health departments in Delaware, Monroe, and Noble counties are each addressing the problem of obesity in substantial but different ways.

In Delaware County, a January 2003 letter sent to school superintendents by the Health Department encouraged the schools to limit access to junk food by removing vending machines. And the school superintendents have been thinking about the problem, and making changes.

During Public Health Week, **Bob Jones**, administrator of the **Delaware County Health Department**, together with the department's health educator **Tamara White**, gained the ear of a reporter at *The Star Press* in Muncie.

"The issue is not just related to weight, but also to health risks related to excess weight, such as heart disease or diabetes, and to the costs of health care and insurance," Jones was quoted as saying in the April 8 article, "Schools struggle to eliminate junk food from students' diet."

Several weeks ago, as a start, officials

2003 National Public Health Week



"Get In Shape
for the Future"

in the Muncie Community Schools limited the availability of non-lunchroom junk food and drink on school property by banning its sale during meal times.

Next year, they intend to follow up by banning the sale of such items throughout the school, insisting that the school food service only provide items that meet nutritional standards and limit fat and added sugar.

The news article also interviewed superintendents of other schools in the county, who aren't arguing with the nutritional and health related issues.

However, one superintendent expressed concern about whether students will eat anything if they don't get fries or tater tots or other fattening foods.

The economics of operating a school lunch program is also an issue for the superintendent who said that the lunch program can't pay for itself without ala carte items which make up the deficit.

Nonetheless, Jones is insistent.

"An obese child will usually grow into an obese adult," he said. "We really need to look at preventing illness to begin with, rather than waiting until you're 40 or 50 and are lying in the back of an ambulance with chest pains wondering, 'Why me?'"

In a phone contact by the *NewsLink*, Jones says that he sent copies of *The Star*

Press article to all of the superintendents.

On April 11, friendly relations with *The Star Press* published another article specifically focused on National Public Health week with Jones' recommending that citizens give attention to diet, nonsmoking, and regular exercise as part of a healthy lifestyle.

With the Indianapolis 500 and popular Little 500 not many weeks away, **Amy Sexton**, health educator and sanitarian at the **Monroe County Health Department**, has set up a seven-week (April 7th to May 23rd) "Racing to the Checkers" fitness program for Monroe County employees to walk the pounds off, and/or to keep them off. To set a good example, county commissioners Iris Kiesling and Joyce Poling led the first walk, Sexton said.

It's a tri-level program in which participants commit to 30-minute lunch-hour walks on three, four, or five days each week. Those who participate on three days are designated "Bronze-Brickyard 400" walkers; on four days, "Silver-U.S. Grand Prix" walkers, and on five days, "Gold-Indianapolis 500" walkers.

Sexton says the walking program has no special funding, but she has received donations of water from Crystal Pure and fruit from Fruitland.

Sexton reports that she is also working with Anthem Insurance the week of April 13 on a health fair.

All **Noble County Health Department** staff were given National Public Health Week *Getting In Shape for the Future* theme pins to wear at their health fair held on April 12.

Pat Gensic reports that their display will include "What you should know about overweight and obesity," and "Exercise Facts."

2003 Baby Showers Program Is For Both Expectant Moms and Dads

To attract the attention and attendance of expectant fathers, in addition to the expectant mothers who are the primary focus of the 2003 *Shower Your Baby with Love* Program, some new incentives in the form of T-shirts, hats, flashlights and educational sessions are planned just for fathers.

The baby showers program, sponsored by the ISDH Office of Minority Health, was conceived to help provide expectant mothers access to prenatal care, regardless of geographic, social and economic status and to help ensure the successful development of their children both before and after pregnancy.

The program also assists expectant mothers and fathers in building a network of friends to turn to when they need assistance or have questions during and after their pregnancies.

"The baby showers were designed to shower expectant moms and dads with prenatal care information in a fun setting, and to enroll them in health services on the spot," said Tasha Smith-Bonds, program coordinator.

Expectant parents who attend the baby showers will be given the opportunity to enroll in a variety of programs, including Hoosier Healthwise; the Breastfeeding Program; the Newborn Screening Program; the SIDS Project; and Women, Infants and Children (WIC) to assure nutrition assistance for those who qualify.

"These services, which are available within an expectant mother's local community, will help ensure she receives the proper prenatal care and immunizations, and that she is given the necessary nutritional guidelines to aid in the physical and intellectual growth of her child," said Smith-Bonds.

A new baby crib will be raffled off at each of the five baby showers. The SIDS Program "Back To Sleep," which promotes public awareness of the proper way to place a baby in the crib (on its



"SHOWER YOUR BABY WITH LOVE" shower poster was designed by George Murff.

back), has donated the cribs. Other door prizes including baby sleepers and car seats will also be raffled.

Expectant parents can attend baby showers on Saturday, May 3, 2003 at the following locations:

Indianapolis

Indianapolis Urban League
777 Indiana Avenue
Contact: Tasha L. Smith-Bonds
(By invitation only)

South Bend

Public Library, Maine Branch
304 S. Maine Street
Contact: Lynn Bradford
574/283-1307

Fathers Programs

Fathers & Families
All Pro Dads
Contact: Sheral Anderson
574/239-5290

Elkhart

Tolson Youth Center
1320 Benham Ave.
Contact: Tara Morris
574/522-0128

Evansville

C.K. Newson Center
100 E. Walnut
Contact: Janet Johnson
812/425-4241

Gary

Indiana University
North West
3500 Broadway
Savannah Hall
Contact: Renae Brantley
812/397-4335

Every Week is Public Health Week

National Public Health Week offered an ideal time to focus on all the positive things that local health departments do routinely year round to help keep Hoosiers healthy, like monitoring reports of infectious disease and responding appropriately to contain possible outbreaks, and like supporting preventive health activities that include administering immunization vaccinations to school children to prevent a variety of childhood diseases and to adults during flu season to prevent flu and pneumonia.

Helping citizens in Indiana communities become aware of things that they can do themselves to assure health is another important function of local health departments. That's the role of health fairs in which local health departments participate.

During Public Health Week, the health department in sparsely populated Benton County went all out with their health fair. On Saturday, April 12, 48 participants set up booths

at the Benton County High School, to offer health screenings and an abundance of health and consumer information for county residents.

Citizens have many reasons to appreciate the dedicated work of the professionals who staff our 93 local health departments in Indiana.



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